



# Surviving the Holidays: Stress Management and Safety

Once again the holidays are here – a time of joy, celebration . . . and stress. Children, parents and caregivers eagerly look forward to special occasions, but high expectations can also lead to fatigue and disappointment. Just like adults, children can experience stress on their emotional well-being. The holidays also pose some unique threats to children’s physical safety.

To keep the season safe and enjoyable, here are some resources for child care providers and parents. Visit the websites listed for tips on holiday safety and stress management.

## ❁ Tips for Child Care Providers:

Child care providers have to juggle their own holiday values and issues with the needs and expectations of the children and families they serve. **The National Network for Child Care** has resources that can help providers navigate the holiday season safely and be supportive to parents. The following articles include ideas about gift-giving, celebrating diversity, and stress management.

[Keep Gift-Making at Child’s Learning Level](#)

[Holidays: Celebrating Diversity and Meeting Children’s Developmental Needs](#)

[Holiday Stress and Divorced Families](#)

[Making it Through the Holidays](#)





## ❄ Tips for Parents:

**Smart Start** and **Prevent Child Abuse** have some great suggestions to help parents handle the extra stress of the holidays, keeping it a positive and pleasurable time for their families. Don't forget that many child care providers are working parents themselves! These ideas will help cut stress both at home and at work.

**Smart Start** offers “holiday stress prevention tips” to make the holiday season safer and more enjoyable.

**Prevent Child Abuse America** provides tips for handling the sometimes “trying” experience of shopping with your children.

## ❄ General Holiday Safety Tips:

**The American Academy for Pediatrics** provides safety tips about holiday decorations, toys, foods, visiting, fireplaces and other hazards in the holiday environment.

**The Consumer Product Safety Commission** posts warnings and lists of hazardous toys that have been recalled to protect children. Some of these toys have caused injury or death; others have the potential to harm.

